



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #7

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruit/vegetable	100% Apple Juice	Orange Slices- fresh	Banana- fresh	Fruit Cocktail- canned, unsweetened	100% Orange Juice
Grains/Bread Component 4x Whole Grain	Whole Wheat Bagels (WG)	French Toast Sticks (CN)	Toasted Oats cereal (WG)	Oatmeal (WG)	Whole Wheat Toast (WG)
Other Foods 2x Meat/MA, 1x sweet	Cream Cheese	Syrup (sweet)	Yogurt		Scrambled Eggs
LUNCH	Tater Tot Casserole	Bean and Cheese Quesadilla (HM)	Mac 'n Cheese with Tuna (HM)	Peanut Butter Sandwich w/ a Mozzarella Cheese Stick	Pepperoni Pizza (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Tater Tots- frozen	Corn- frozen	Carrot Sticks- fresh	Green Beans- canned	Broccoli- frozen
1x fresh	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Peas- canned	Banana- fresh	Applesauce- unsweetened
Grains/Bread Component 2x Whole Grain	Whole Wheat Bread (WG)	Flour Tortilla	Elbows	Whole Wheat Bread (WG)	Pizza Crust (CN)
Meat or Meat Alternate 1x highly processed	Ground Beef, Cheese	Refried Beans, Cheese	Cheese, Tuna	Peanut Butter, Mozzarella Cheese Stick	Pepperoni Pizza (CN)
Other Foods	Cream of Mushroom Soup	Salsa	Ranch Dressing		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter Toast			
Fluid Milk				Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Banana- fresh		Orange Slices- fresh		
Grains/Bread Component 2x Whole Grain, 1x sweet	Graham Crackers	Whole Wheat Toast (WG)	Wheat Thins (WG)	Brownies (sweet)	Corn Puffs cereal
Meat or Meat Alternate 1x Meat/Meat Alternate		Peanut Butter			
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Peanut Butter Sandwich				
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	Pears- canned, unsweetened	Apple Slices- fresh	Banana- fresh	Peaches- canned, unsweetened	100% Orange Juice
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Breakfast Bites (CN)	Oatmeal (WG)	Honey Crunch n' Oats cereal	Whole Wheat Bagel (WG)
Other Foods 2x Meat/MA, 1x sweet	Peanut Butter	Syrup (sweet)		Yogurt	Cream Cheese
LUNCH	Chicken Tacos	Spaghetti Mac	Breakfast for Lunch	Turkey and Cheese Sandwich	Chicken Nuggets (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Lettuce, Tomatoes- fresh	Green Beans- canned	Tater Tots- frozen	Carrot Sticks- fresh	Broccoli- frozen
	Peaches- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Apple Slices- fresh	Pineapple- canned, unsweetened	Applesauce- unsweetened
Grains/Bread Component 2x Whole Grain	Flour Tortilla	Elbows	Whole Wheat Toast (WG)	Whole Wheat Bread (WG)	Breading (CN)
Meat or Meat Alternate 1x highly processed	Chicken, Cheddar Cheese	Ground Beef	Scrambled Eggs, Cheese	Turkey, Cheese	Chicken Nuggets (CN)
Other Foods	Salsa	Tomato Sauce	Ketchup	Mayonnaise, Mustard	Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Grapes- fresh		100% Apple Juice	Peaches- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet	Ritz Crackers	Wheat Thins (WG)	Toasted Oats cereal (WG)	Pretzels	Graham Crackers
Meat or Meat Alternate 1x Meat/Meat Alternate	Mozzarella Cheese Stick				
Other Foods					

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Biscuits and Gravy	Peanut Butter Banana Sandwich		Peach Oatmeal	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 4x whole fruit/vegetable	100% Apple Juice	Banana- fresh	Pears- canned, unsweetened	Peaches- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component 2x Whole Grain	Biscuits	Whole Wheat Toast (WG)	Corn Puffs cereal	Oatmeal (WG)	French Toast Sticks (CN)
Other Foods 2x Meat/MA, 1x sweet	Gravy	Peanut Butter	Boiled Eggs		Syrup (sweet)
LUNCH	Sloppy Joes (HM)	Chicken and Rice	Tuna Salad Sandwich (HM)	Meatloaf (HM)	Corn Dogs (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Corn- frozen	Broccoli- frozen	Carrot Sticks- fresh	Green Beans- canned	Tater Tots- frozen
2x fresh	Peas- canned	Pineapple- canned, unsweetened	Apple Slices- fresh	Mashed Potatoes- dried	Peaches- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Hamburger Buns	White Rice	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Breading (CN)
Meat or Meat Alternate 1x highly processed	Ground Beef	Chicken Breast	Tuna, Eggs	Ground Beef	Corn Dogs (CN)
Other Foods	Sloppy Joe Sauce	Creamy Chicken Soup	Mayonnaise, Pickle Relish, Ketchup	Ketchup, Onion Soup Mix	Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk			Skim Milk		Skim Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Orange Slices- fresh		Banana- fresh	
Grains/Bread Component 1x Whole Grain, 1x sweet	Graham Crackers	Pretzels	Vanilla Wafers (sweet)	Whole Wheat Bagel (WG)	Honey Crunch n' Oats cereal
Meat or Meat Alternate 1x Meat/Meat Alternate	Yogurt				
Other Foods				Cream Cheese	

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